

Introduction

Sunnyside House is an innovative CQC Registered 12 bedroom Independence transition home specialising in preparing young adults with learning disabilities for independent living.

We are passionate about developing the independence of our service users in every aspect of their life to enable them to reach their potential and live as independently as possible through our personalised "My L.I.F.E" 6 steps programme.

2010 Thurrock Business Awards Triple Finalists!



We are proud to announce that we have been selected as finalists in three categories at this year's Thurrock Business Awards.

Our owner Andrew Azzopardi is a finalist in:

"YOUNG ENTREPRENEUR OF THE YEAR"

Sunnyside House has been chosen as a finalist for:

"EDUCATION & LIFELONG LEARNING"

And

"NEW COMPANY"

The winners will be announced in March

Allan's Story

Hello my name is Allan. I am now 25 years old. I used to live at home with my mum, my dad and my sister.

I moved into Sunnyside house just over a year ago. When I came to Sunnyside I did not talk to anyone. I had chosen not to speak for 7 years and it became comfortable not to speak.

I used to write things down, nod or shake my head and use eye contact to communicate with the staff that work at Sunnyside. I learned new skills such as being able to eat with a group of people and socialise.

After the first few months at Sunnyside

I was able to mix with people every day and for the first time in my life I felt I had real friends. My favourite person at Sunnyside is Elisabeth.

The staff at Sunnyside helped me get a job at an animal sanctuary as I loved cats but I didn't enjoy it as much as I thought I would. I now have a Voluntary role at Aveley Football club once a week where I am able to help out cleaning.



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Meet our Counsellor ...Donna



Hi my name is Donna and I am the Counsellor here at Sunnyside House.

Counselling aims to provide a safe, non judgemental and confidential space, where service users are able to reflect and explore all aspects of self, growth and development, this could also include emotional support, socialising and facing struggles that may occur with settling in a new place of residence.

In the new year I will be setting up a monthly workshop for service users, where I hope to cover a range of topics such as personal boundaries and relationships in a softer user friendly settling.

Vision, Mission & Points of Culture

A word from our founder...

Hi I am Andrew, I opened Sunnyside House in September 2008 to give young adults with learning disabilities a better opportunity to become independent in a fun, secure and safe way to realise their dream of managing as much of their own lives as possible. Too many disabled adults we spoke to had either not coped well in independent living or knew someone who hadn't and this needed addressing. I designed a social, communal setting with a professional independence programme, a step down training flat and a highly motivated, enthusiastic team and together we are going to realise our vision.

My team and I use the life formula:

HAVE = BE X DO

Lets start with what we "HAVE", this is our Vision:

"To Be Recognised As The Leading Provider For Preparing Adults With Learning Disabilities To Have A Sustainable, Independent Life"

We want to be the best, this is what we want to "HAVE" In order to have this, what we "DO" will help get us there,
Mission:

To Create A Service Model Designed To Prepare Young Adults With Learning Disabilities For Independent Living That Is:

- Sustainable
- Personalised
- Innovative

Yet crucially, our values, who we are and what we will "BE" will determine whether we will be the best or not. These are our points of culture

Our Points Of Culture are based on:

"Being Courteous, Promoting Independence and Developing Trust"

The points of culture are absolutely crucial to being the best. It is similar to a "Code of Conduct", with common courtesy, politeness and respect forming the backbone for everyone at Sunnyside.

We look forward to assisting as many young adults with learning disabilities as possible over the coming years to be as independent as possible and maintain this L.I.F.E by Learning Independence Forever and I would like to thank all of the people that have used our service, worked for us and worked with us over the past 18 months to begin realising these goals.

Andrew Azzopardi



Introducing June in January

Hi I'm June and I would like to introduce myself to you. I am in post as Manager of Sunnyside House that empowers People with learning disability to achieve their full potential in life. To gain independence in making choices of where they live, work, socialise and form friendships that will last for life. Sunnyside is a busy, vibrant and happy place where the service users receive person centred planning by highly skilled staff.

I have over 20yrs experience in the nursing field and have worked in all genres of nursing, caring and promoting the profession through my own personal development. I am a Registered Mental Health Nurse.

I hope to bring my personal experiences to the role of Manager at Sunnyside House promoting all the positive and forward thinking practises that are taking place here.

The "My Life" Programme (Learning Independence Forever) incorporates daily living skills, health care, Social and emotional development, education, employment and housing through personal choice. I am glad to be a part of this innovative approach to service users gaining the best they can in order to live full, interesting, and as fully independent lives that they can.

June Sims RMN/CPN

Home Manager.

Allan's story continued...

I am happy to be able to help at the club as everyone knows me there. I enjoy watching football and they gave me a season ticket to watch all the home matches.

I pay my bills with help from my key worker, I go to the Gym with my friend Gavin every week and I can go by bus and train to appointments.

We go shopping in the local area and also at Lakeside Shopping Centre. My week is busy with social activities at clubs, cinema, bowling and going out with my friends at Sunnyside.

I had my first holiday with my new friends at Sunnyside at Havens holiday Park at All Hallows in Kent. We went with four of the staff members and four of the Service Users. It was great.

The staff at Sunnyside helped me in 1:1 sessions to set targets of when I would like to speak again and I did on 19th November 2009. The staff helped me by encouraging me to practice on the Karaoke machine and the Singstar game. At first I made noises and did not join in with the singing. This helped my confidence in hearing my voice again. At first I was scared to speak to anyone else outside of Sunnyside but now I am now able to talk to everyone and my confidence has grown in knowing I am understood.

My hope for the future is to learn more living skills to help me live as independently as I can. Sunnyside house is a fun place to live, I like having my friends around me and I am looking forward to starting paid employment. I am very happy with my life.

Written By Allan

MAMMA MIA! Show

In December 2009 our service users and staff team presented the MAMMA MIA show. We would like to take this opportunity to thank everyone who took part in the show, for all the effort put in to the many rehearsals and all those who attended and contributed to making it a success, especially Katie our drama co-ordinator.

We hope you all enjoyed the day. Work is already underway for our next event "BUGSY MALONE" which we are all very much looking forward to this summer.



My L.I.F.E Training Flat

Learning Independence For Ever

We are delighted to announce that we were recently granted planning permission for our independence training flat, which is going to be built in the very near future next to Sunnyside House.

We are very excited about this news (as are our service users) as it means they will have the next step of our independence programme in place.

The flat will consist of two bedrooms, lounge and bathroom. Service users in the flat will be supported by our team but will have the opportunity to test their independence skills in a real live environment before moving on.



Gavin's story



I would like to introduce myself, my name is Gavin and I am 22yrs old.

I moved into Sunnyside House just over a year ago. I had previously been in care homes and supported housing but these placements had not worked out, mainly due to my need to learn more daily living skills.

Since I have been a service user at Sunnyside I have learnt to cook good, healthy meals. My favourite meal to cook is Spaghetti Bolognese and I am able to be the chef on the days I cook for all the people I live with. Other skills I am developing are my cleaning and house keeping skills. I am now very confident in cleaning the communal areas and I can keep my room to a high standard.

Being able to budget and manage money is important so I go to the shops and buy items for the house to learn how to have the right money and change. This helps me when I go to the pub on a Friday night where I have a couple of beers. I go on my own as I know lots of people in the pub. Sometimes my friend Catherine comes with me although she only likes to drink coke. Catherine is my best friend at Sunnyside and we get on so well together.

At Sunnyside we have a games room, which everyone loves. We can play pool and get onto the computer to do emails and learn new skills on the Internet.

Since I have been at Sunnyside I've learned to travel on the bus and I know all the routes. I can go to Lakeside and Grays independently and I am hoping to be able to go to Tilbury and Romford in the near future.

We do some activities as a group, like bowling, cinema, theatre, and we have also been up to London to The British Museum. The staff help us to achieve things we like to do and also help us to learn to be independent for the future. Then I hope to get paid employment. I have been working hard to take my C/V's to local employers at Lakeside in shops like Primark, Marks and Spencer's, Take away and food outlets. I am hoping to hear back from them soon.

I enjoy living here but look forward to moving into the new 2 bedroom flat being built at Sunnyside this year. This will help me become more independent and practise living on my own with less support. Sunnyside has helped me to achieve lots of new experiences and I look forward to the year ahead.

Written By Gavin



ACHIEVEMENTS

Congratulations to:
Natalie Saunders
Katie Bunker
Lucy Gardier
Victoria Robinson
Mohammad Korim
Craig Gardier

For receiving their
NVQ Level 2 Health
And Social Care
Award

Also

Helen Ghandi
For receiving her
NVQ Level 3 Health
And Social Care
Award

New Parking Arrangements

For everyone who has been to visit us at Sunnyside you will know that sometimes parking can have its difficulties. We have recently implemented a new parking system, which enables more cars to fit it in a more systematic way.

We hope that this will make your visit more pleasant in the future.



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